

# Breakthroughs are what we do.

We've made it our mission to help frustrated families with a holistic, drug-free program that goes beyond the more mainstream approaches you may have tried.

Brain Balance is an integrated approach to helping kids, teens, and adults improve focus, anxiety, behavior, and academics. Our program can help individuals improve the critical skills needed to achieve greater success.

## BRAIN BALANCE OF EDWARDSVILLE

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There is hope for your child's future.  
Contact our support team to get started.

[BrainBalance.com](https://BrainBalance.com)

**JAYDEN'S BREAKTHROUGH:**  
**He finished his**  
**homework without**  
**a meltdown.**



**Brain Balance®**  
Making Breakthroughs Possible



**Brain Balance®**



**SARAH'S BREAKTHROUGH:**  
**She shared more  
than ever before.**

## The Best of All Methods

The Brain Balance Program is a holistic, whole-body approach designed to strengthen and improve your brain's functioning – helping to positively impact many areas of your life. The Program incorporates cognitive, brain performance, and nutrition methods and combines them into one optimized approach.

### Integrated, Drug-Free Program

Our integrated approach combines sensory, auditory, visual, and physical exercises. You'll get nutritional guidance to provide optimal fuel for peak performance.

### Dedicated Coaching

Our supportive team of experts will coach you to reach your goals. Your child will complete the program at a nearby center or from the comfort of your own home, depending on your location and preference. The program is personalized to each individual's unique goals and challenges.

### Measurable Outcomes

Throughout the program, you'll receive measurable data on your progress, and what it represents in terms of your child's goals and areas of improvement.

### Parents Reported *significant* Improvements<sup>1,2</sup>

- 53%** Improvement in feelings of happiness
- 53%** Improvement in academic follow-through and motivation
- 49%** Improvement in feelings of anxiety
- 51%** Improvement in school performance and test scores
- 42%** Improvement in social confidence
- 34%** Improvement in the ability to start and finish assignments

### Proven *effective* By Research<sup>3</sup>

At Brain Balance, research is in our DNA. Research studies with Harvard University and Cambridge Brain Sciences found the Brain Balance Program effectively improves:

- FOCUS
- ATTENTION
- REASONING
- HYPERACTIVITY
- VERBAL ABILITY
- MEMORY
- BEHAVIOR

1 Jackson R, Robertson JM. A Retrospective Review of Parent-Reported Anxiety and Emotional Functioning in Children with Developmental Challenges After Participation in the Brain Balance® Program. J Ment Health Clin Psychol. 2020;4(1): 10-20  
2 brainbalancecenters.com/blog/parent-reported-improvements  
3 brainbalancecenters.com/brain-balance-program-research-and-results